

The mental health support staff at MMS understand that this school year is unlike any other. We want to make you aware of some resources that you could access if you feel your child may require mental health support when school is not in session. Below are contacts that could be of help.

Mobile Crisis Intervention Services	Provides in-home behavioral or mental health crisis services for children and youth	Dial 2-1-1 in Connecticut uwc.211ct.org/mental-health-crisis-intervention-services-connecticut
Open Access Clinic of Child Guidance Center of Southern CT	Outpatient mental health services for children and families—provide immediate intake and triage of mental health concerns	203-324-6127 childguidancect.org/services
Family Centers – Center for Hope (Darien Location)	Individual and group counseling services focusing on bereavement and critical illness support.	203-655-4693 www.familycenters.org
Child Guidance Center of Mid-Fairfield County	Outpatient mental health services for children and families	203-299-1315 www.childguidancemfct.org
Crisis Text Line: 741741	24/7 text line providing crisis support from trained counselors	Text HOME to 741741 www.crisistextline.org
Trevor Lifeline	24/7 hot line providing crisis support from LGBTQ-sensitive trained counselors	1-866-488-7386 www.thetrevorproject.org
Local Emergency Rooms and/or 911 (Norwalk/Stamford ERs)	<i>Life-threatening medical emergency or imminent concerns about safety for self or others (transport to Norwalk/Stamford)</i>	
Healthy Lives CT (State of CT Partnership)	Healthy Lives Connecticut provides information and tools for maintaining or regaining wellness in the areas of emotional wellness , physical wellness , holistic wellness , financial wellness , and recovery from addiction issues. www.healthylivesct.org	
Laurel House, Inc.	Provides mental health resources to people coping with mental illness and their families, across numerous communities in Connecticut.	(203) 234-1816 Laurel House Inc
National Suicide Prevention Lifeline	The Lifeline is a free, confidential crisis hotline that is available 24/7	1-800-273-8255 http://www.healthylivesct.org/
Yale-New Haven Health Adolescent Psychiatric Care	Yale New Haven provides brief, acute inpatient care to adolescents and young adults with a broad spectrum of needs	203-688-4242 Yale - New Haven Health Care